

Taylor is tearing up the turf again

Saint Mary's Huskies star Jahmeek Taylor's speed is back, confirms the teams new head coach, Perry Marchese, who raves about the slotback's 'unbelievable' moves

PAGE 24



MERRY WIDOWER OR EARLY TV GRAVE?

IT'S OPEN SEASON FOR NEW TV SERIES — CAN MATTHEW PERRY KEEP GO ON, GOING ON? PAGE 12



HALIFAX

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Tuesday, August 28, 2012



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WHERE THERE'S SMOKE ...

Smoke billows from the Victorian Arms Apartment on Victoria Street late Monday afternoon. The fire, which started Sunday night, destroyed apartments and Dooly's lounge. Story, page 6. AMHERST DAILY NEWS

'Gaybourhood watch' gets people talking

Residents debate.

Halifax's gay community convenes to discuss ways to end street harassment, violence

HALEY RYAN

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Safety, consent and respect.

These were the main themes of conversation at Jay Wells' hair salon in Halifax on Monday night, as community members came together to discuss setting up a "gaybourhood watch."

The group started when Wells, upset by the death of gay-rights activist Raymond Taavel in April, and then the assault of another friend, vented on Facebook that Halifax should have some type of protection for people in the gay community.

When the Halifax businessman checked his profile the

Quoted

"It's empowering each other. We can do things, we don't have to keep waiting, we don't have to keep living in fear. We are the people who need to make the change."

Community member Owen Johnstone

next day, the "gaybourhood" post had 68 comments, and a TV news crew showed up at his home.

"Obviously I hit a nerve here," Wells said Monday night to a crowd of about 20 people.

"Harassment has almost become a way of life, but in light of Raymond's death there needs to be zero tolerance."

During the roughly-90-minute meeting, members of the LGBTQ community, youth workers and the co-ordinator for HRM's victim services de-

partment weighed in with ideas on how to keep the streets safe for everyone.

Having a driver pick up people who aren't comfortable walking home was one suggestion, as well as more police on isolated corners during the weekend, or using websites like Hollaback! Halifax.

Hollaback! draws attention to street harassment, and allows anyone to post their stories online. It also tracks where complaints come from on a map, so people can see where an incident has happened.

"I think we just need to start talking, and make our own actions accountable," Owen Johnstone said at the meeting about what to do with the "gaybourhood" group.

"Maybe this is one issue, violence, that brought us together ... but a lot of positive things can come out of this."

A second meeting has been scheduled for Sept. 24 at 6 p.m., with updates being posted on the Gaybourhood Watch Facebook group.



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Public consultations

Nova Centre forum draws two dozen people in Cape Breton

The Membertou Trade and Convention Centre was the latest stop on a provincewide drive to gather input from Nova Scotians on a \$500-million development in downtown Halifax.

Three levels of government have committed funding to the convention-centre portion of the project — \$56.4 million from both the province and HRM, and \$51 million from Ottawa — while the rest is being privately funded and operated.

About 25 people took part in Monday's two-hour session, which was streamed live and featured an on-site graphic artist who illustrated suggestions from the audience. The suggestions covered everything from a near-universal desire that the new centre be an instantly recognizable landmark to the idea that public spaces within the building represent all parts of Nova Scotia through region-specific static and interactive displays.

"What I'm looking for (from these meetings) as a developer is, first, that this convention centre represent all Nova Scotians — what story will it tell?" said Joe Ramia of Rank Inc. "The second thing is how can the public space of the Nova Centre represent us? How can it connect with Nova Scotians?"

The next steps on the tour are Tuesday at the Museum of Industry in Stellarton and Wednesday at the Holiday Inn in Truro. **CAPE BRETON POST**



Joe Ramia
METRO FILE



Monday ushers in a perfect day, but take your broly on Tuesday

A pedestrian walks past the water fountain in the Halifax Common on a beautiful Monday afternoon, as temperatures hit the high 20s. JEFF HARPER/METRO

Don't expect heating costs to drop: Expert

Fuel alert. Refinery shutdowns and other woes mean diesel prices headed anywhere but down



RUTH DAVENPORT
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Homeowners might want to think about buying their heating oil now, or at least start budgeting for winter, a local oil official says.

The monitoring group Consumers for Fair Gas Prices has warned for the past two weeks that diesel prices are poised to climb significantly this winter, adding that prices didn't retreat

over the summer as usual.

Dave Collins, vice-president of Wilson Fuel, says the price may not be headed sky-high, but it's almost certainly not coming down.

"Some of this is just investors or hedge funds moving back into heating oil in the summertime, thinking there's going to be a run-up this winter," he said. "And the U.S. economy, while it's not taking off, isn't really dead, either, so that pushes on diesel."

In addition, Collins says several major Atlantic refineries have closed in recent months, including the Imperial facility in Eastern Passage.

Of greatest concern is the massive explosion at Venezuela's largest refinery on Saturday morning. "That was a

significant supplier of diesel to the market, so that's just going to cause even more problems," he said. "I think there's going to be a run-up in diesel prices until other refineries can charter the boats to get diesel into North America."

Collins says futures contracts for diesel were flat even before the refinery explosion, suggesting there will be no drop in prices before December.

The Canadian Oil Heat Association's Nova Scotia chapter is urging homeowners to take steps now to deal with winter heating costs.

"Call your company to make arrangements for budget plans now," executive director Debbie Jamieson said. "Get tune-ups done on your system.

To cap or not to cap?

Is it worth buying into a price-cap program?

- The price-cap program is like any form of insurance — a good investment one year, not so good the next, says Debbie Jamieson of the Canadian Oil Heat Association's Nova Scotia chapter. At the very least, it provides certainty about the maximum price you'll pay for oil each winter.

See if there's ways, little tweaks you can make, to put money in your pocket."

Mobile news



Do you like to cuddle? This woman does. Scan the code to watch one lady's sleepy snuggle session that shocked a fellow commuter.

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1 NEWS

Talbot House. Province gives rehab centre more time to put in proposal

A drug-rehabilitation centre in Cape Breton that shut down during a government review earlier this year has been granted more time to apply to resume operations.

In addition to the extension, Premier Darrell Dexter said Monday his government has arranged for Talbot House to receive help from Wayne Yorke, an expert in the addiction-services field, as it prepares its proposal.

The government previously issued a request for proposals to organizations interested in offering addiction services in Cape Breton.

But the board of directors at Talbot House said they would not submit a proposal because the Aug. 28 deadline was unrealistic.

Board chairman John Gainer said he learned of the deadline extension Monday after receiving a call from Dexter.

"It came as quite a pleasant surprise," he said in an



Darrell Dexter METRO FILE

interview, adding no one from Talbot House had requested more time to put together a proposal.

"Overall, the indication was that (Dexter) is sincerely interested in resolving this problem and being able to restore Talbot House."

The Frenchvale facility closed its doors in March in the middle of an organizational review by the Community Services Department. It was launched after a complaint from a former resident.

THE CANADIAN PRESS

Cold case. Police still seek tips in 1999 death

Major crime investigators in HRM are still pleading for witnesses to a murder in Dartmouth to come forward — 13 years after it happened.

Jason MacCullough was found dead on a path between two buildings on Pinecrest Drive around 2:30 a.m. on Aug. 28, 1999.

Police say there's nothing to suggest the 19-year-old was involved in any kind of criminal activity, and believe his killing was a random act.

Investigators say the path MacCullough died on was a well-travelled shortcut and it's likely there were several people around at the time of his death.

On the 13th anniversary



Jason MacCullough CONTRIBUTED

of the murder, police are asking anyone with information that could lead to an arrest to contact them at 902-490-5333. Anonymous tips can be submitted to Crime Stoppers at 1-800-222-8477.

RUTH DAVENPORT/FOR METRO

Dalem Lake

Two teens injured in Cape Breton car crash

Two 17-year-old girls are recovering in hospital from serious injuries after the car they were in veered off a Cape Breton highway and rolled over. RCMP say both girls are from the Sydney area.

The accident happened near Dalem Lake at 3:40 a.m. Monday. One teenager, the passenger in the vehicle, was airlifted to hospital in Halifax with life-threatening injuries.

THE CANADIAN PRESS

North Alton

Barn blaze draws more than 100 firefighters

A barn was destroyed by fire Sunday, despite the efforts of more than 100 firefighters from eight different departments.

Kentville firefighters responded to an alarm at the property in North Alton around 3:30 p.m. Deputy Chief Ryan MacEachern said Monday the property owner had been welding inside the barn, and a spark caught some combustible materials.

KENTVILLE ADVERTISER



Ben Webber of Goodbye Graffiti paints over a racial slur on a plaque in front of the Cornwallis Street Baptist Church on the weekend. Police are asking for anyone with information about the incident to come forward. JEFF HARPER/METRO

Vandals deface church plaque with racial slur

Commemorative sign. 'Shocked' pastor says incident is a first for the church, but doesn't want to sweep it under the rug

HALEY RYAN
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A Halifax pastor got an unwelcome surprise Monday when she learned a part of her church had been vandalized with a racial slur.

Someone carved the hateful message into a commemorative plaque outside the Cornwallis Street Baptist Church over the weekend. It was reported to police Sunday morning.

The plaque honours Richard Preston, who founded the church in 1832. Workers gave it a new coat of paint on Monday to hide the damage.

Pastor Rhonda Britton was out of town on the weekend and said she was "shocked and surprised" when her secretary told her about the incident.

"We haven't received any hate mail or anything like that, so this is a first," Britton said.

The pastor said she doesn't know why someone would take issue with the church during the quiet summer months.

"We haven't been doing anything," Britton said, "I'm not sure what would have provoked someone."

Lauren Leal, a spokes-

Quoted



"If we learn how to talk about these things in a way that's constructive and helpful, we might be able to further our society."

Pastor Rhonda Britton of the Cornwallis Street Baptist Church

woman with Halifax Regional Police, said it's rare to see such vandalism aimed at a church.

If the culprits are caught, Leal said they could face charges of mischief. Prosecutors will decide whether the nature

of the vandalism merits more serious hate-crime charges.

Britton said she's more concerned with why the act was committed than with thinking about punishment.

"People do things out of ignorance, and maybe if you took the time to talk with them and find out what their issue is, you can sometimes address these things," she said.

She said that some people may not like the exposure given to the vandals but that racism can never be swept under the rug.

"It's always a two-edged sword," said Britton. "We can all be a better society the more we talk about and air these things, so that an understanding is reached."

Man dead after crash on Cow Bay Road

Road closure

- Cow Bay Road was closed Monday between Orion and Astour Drive while

investigators took measurements and collected evidence from the crash.

RCMP say a man died when he lost control of his car and crashed on Cow Bay Road Monday afternoon.

The accident happened around 2:30 p.m. in the 700 block of the road, which is a quiet, wooded stretch with only a few houses.

A release from RCMP says

it appears the man was travelling west when he lost control of the car, which flipped into the ditch and landed on its roof. Sgt. Brigitt Leger said Monday afternoon it was too soon to know what might have caused the accident.

The man, believed to be in his 50s, was pronounced dead

at the scene. His name will be withheld until next of kin has

been notified.

RUTH DAVENPORT/FOR METRO

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Amherst landmark destroyed in blaze

Recent work. Building was purchased two years ago and underwent renovations

Anthony Goodwin thought someone was pulling a prank when the fire alarm went off at the Victorian Arms Apartments building on Sunday night.

"We thought someone was pulling a fast one like they usually do, but when we went out in the hallway it was full of smoke so we grabbed our dog and got out," Goodwin said Monday. "We lost everything we had, but it could've

been worse."

Firefighters were called to the century-old apartment building just after 10 p.m. on Sunday, where they found smoke billowing from the lower part of the building that housed Dooley's lounge.

The building was engulfed by 3 a.m. with just a shell left in the morning. Attention was focused on saving the adjoining Black Block, but flames fanned by strong westerly winds caused it to get out of control on Monday afternoon. The roof of a neighbouring building was heavily damaged when a section of wall fell upon it. Luckily, Dooley's Lounge is insured.

AMHERST DAILY NEWS



Smoke and flames coming from the Victorian Arms Apartments on Monday.
AMHERST DAILY NEWS

Hearing. Judge to rule on bid to kill tax deal for NewPage paper mill

A judge will render his decision Tuesday on whether there are legal grounds to proceed with an application to cancel a municipal tax deal involving an idled Cape Breton paper mill.

The mill's prospective buyer, Pacific West Commercial Corp., wants the Nova Scotia Supreme Court to terminate the original agreement between Richmond County and the plant's former owner, Stora Enso.

The May 2006 agreement, which was later enabled by provincial legislation, fixed municipal taxes paid by the NewPage Port Hawkesbury mill for a 10-year period.

During a hearing Monday in Halifax, the lawyer for the county argued that only the provincial legislature has the right to amend a tax arrangement that is spelled

Argument

"There is nothing NewPage can do to change that."

Lawyer for the county, Bruce Clarke, who argued that only provincial legislature has the right to amend a tax arrangement.

Schedule

2 p.m.

Judge John Murphy scheduled Tuesday's hearing for 2 p.m., at which time he is expected to decide whether the company's case can proceed to a hearing scheduled for Sept. 13.

out in legislation.

"There is nothing NewPage can do to change that," Bruce Clarke told Judge John Murphy.

Clarke added he didn't believe the court had jurisdiction to change the legislature's tax decisions.

However, lawyers for NewPage and Pacific West said the court should rule on an agreement reached between the two parties before the legislation was enacted.

They said the agreement reached in a letter of intent provided the opportunity to opt out of the tax deal, especially if the mill were to switch ownership.

"We wouldn't be here (in court) otherwise," Pacific West's lawyer Gavin MacDonald told the court. **THE CANADIAN PRESS**

Campaign promise

Spending will be cut by 10%: Hall



Mayoral contender Vince Hall
METRO FILE

Mayoral contender Vince Hall is promising to cut spending at city hall by 10 per cent in his first year as mayor — and pass the savings on to residents.

In a release Monday, the former Cape Breton regional councillor claims he'll find \$80 million in savings through a core-service review to "identify wasteful spending and non-essential spending."

Hall says half the savings will be used to reduce property and business taxes and the other half will be invested in transit upgrades, anti-crime and anti-poverty initiatives.

He says spending is "ballooning" in HRM, citing the concert scandal and new convention centre funding. He says many residents feel they're not getting their fair share. Hall also criticizes the current administration for spending millions on new infrastructure, "while existing infrastructure requires replacement."

If Hall applies \$40 million to reducing property taxes, it works out to roughly \$100 per HRM resident.

RUTH DAVENPORT/FOR METRO

Windmill Road

Knife-wielding driver threatens cyclist in Dartmouth

Halifax Regional Police are looking for a man who threatened a cyclist with a knife during a shouting match in Dartmouth.

The cyclist hollered at the driver for apparently cutting him off at about 10 p.m. Sunday on Windmill Road.

Moments later, the two got into a collision near 227 Windmill Rd. and the driver hopped out, waving a knife at the cyclist, before speeding away.

The 36-year-old cyclist was treated at the scene for minor injuries. **RUTH DAVENPORT/FOR METRO**

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Taliban behead 17 in Afghanistan, seemingly for going to a dance



A woman clad in a burka walks past graffiti in Kabul on Sunday.

AHMAD NAZAR/THE ASSOCIATED PRESS

Militants. Insurgent group still holds much power in the south

Insurgents beheaded 17 civilians in a Taliban-controlled area of southern Afghanistan, apparently because they attended a dance party that flouted the extreme brand of Islam embraced by the militants, officials said Monday.

The killings, in a district where U.S. Marines have battled the Taliban for years,

were a reminder of how much power the insurgent group still wields in the south — particularly as international forces draw down and hand areas over to Afghan forces.

The victims were part of a large group that had gathered late Sunday in Helmand province's Musa Qala district for a celebration involving music and dancing, said district government chief Neyamatullah Khan. He said the Taliban slaughtered them to show their disapproval of the event.

All of the bodies were decapitated but it was not clear

if they had been shot first, said provincial government spokesman Daoud Ahmadi.

Information was only trickling out slowly because the area where the killings occurred is largely Taliban-controlled, Khan said. The Taliban spokesman for southern Afghanistan could not be reached for comment.

Many Afghans and international observers have expressed worries that the Taliban's brutal interpretation of Islamic justice will return as international forces withdraw.

THE ASSOCIATED PRESS

Syria

Rebels take down regime helicopter, activists say

A Syrian military helicopter crashed in a ball of fire Monday after apparently being hit during clashes between government forces and rebels in the capital Damascus, activists said, in a sign of the fighters' growing abilities as they struggle to topple President Bashar Assad's regime.

An Internet video shows the chopper engulfed in flames and spinning out of control shortly before it hits the ground. Rebels shout "Allahu Akbar!" as the helicopter goes down.

THE ASSOCIATED PRESS



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Lt.-Gen. Tom Lawson

Next defence staff chief named

Lt.-Gen. Tom Lawson, a former fighter pilot, has been named as the next chief of the defence staff, the country's top military post.

Prime Minister Stephen Harper says Lawson will formally succeed Gen. Walt Natynczyk within weeks.

THE CANADIAN PRESS

Typhoon Tembin

Storm expected to revisit Taiwan and Philippines

Typhoon Tembin, which drenched southern Taiwan last week before going out to sea, appeared to be looping back Monday for another run at the island and the nearby Philippines, forecasters said.

THE ASSOCIATED PRESS



A man walks down a lane of water-damaged furniture brought by typhoon Tembin in Pingtung county, Taiwan, Friday.

THE ASSOCIATED PRESS

On shaky ground

Quake rocks coast of El Salvador

A strong magnitude-7.3 earthquake struck off the coast of El Salvador followed an hour later by a magnitude-5.4 aftershock, authorities said early Monday. There were no immediate reports of damages or injuries.

THE ASSOCIATED PRESS

South Africa

Police probing killings of miners

South Africa's police are investigating each of the 34 killings of striking mine workers and are also looking into allegations that arrested miners have been beaten in police custody, the police directorate of complaints spokesman said Monday.

THE ASSOCIATED PRESS

N.Y.C. shooting

Head of police defends officers' conduct

New York City Police Commissioner Raymond Kelly is defending two officers' decision to kill an armed gunman outside the Empire State Building, which led to nine bystanders being wounded.

THE ASSOCIATED PRESS

Ex-boyfriend charged with murder

Toronto body-parts case. Guang Hua Liu had a four-year relationship with accused, police say

An ex-boyfriend of a woman whose body parts were found scattered in two Toronto-area parks has been charged in her death.

Peel Regional Police Insp. George Koekoek told a news conference the 40-year-old man is charged with second-degree murder in what he described as a "domestic-related homicide."

Chun Qi Jiang was arrested in Toronto on Sunday and remanded into custody when he appeared in court on Monday.

Jiang, a Canadian citizen of Chinese descent, was not previously known to police, Koekoek said.

Gristly discoveries

- On Aug. 15, Liu's right foot was found in the Credit River in Mississauga, Ont. Liu's head and hands were later discovered in the river.
- Two calves, a thigh and an arm were found in West Highland Creek, just blocks from where she lived in Toronto.

The inspector said Jiang had a four-year relationship with Guang Hua Liu, 41, and the couple was recently estranged. He did not know exactly when the relationship ended.

"We're still trying to flesh out those details so I'm not at liberty to go any further on that part," he said.

THE CANADIAN PRESS



Right: Maygan Sensenberger leaves provincial court in Saskatoon on Monday. Left: Sensenberger and her husband, Rod Zimmer, a Manitoba senator.

LEFT: FACEBOOK; RIGHT: LIAM RICHARDS/THE CANADIAN PRESS



Senator's wife told to stay away from hubby

A senator's 23-year-old wife charged with causing a disturbance and endangering an aircraft received a bittersweet anniversary gift from a Saskatoon judge.

Maygan Sensenberger was released from jail Monday but told not to have contact with her husband, Rod Zimmer, a Manitoba senator. She is also prohibited from drinking alcohol and entering bars.

The provincial court judge who issued the ruling didn't explain why Sensenberger is to stay away from her husband, who was also in court.

The couple, who married one year ago, made headlines last Thursday when Saskatoon police were called to meet a plane carrying a disruptive passenger.

The two were flying to Saskatoon from Ottawa when Zim-

Quoted

"I don't know what to do."

Maygan Sensenberger upon hearing the judge's order

mer experienced tightness in his chest. Sensenberger reacted by becoming upset.

Court records show police

believe she uttered threats against her husband and threatened to take down the plane.

No one was injured in last week's incident.

Sensenberger is set to appear in domestic-violence court — which sometimes gives people a chance to enter a plea and receive treatment for a lesser sentence — on Tuesday at 9 a.m.

MORGAN MODJESKI/METRO IN SASKATOON WITH FILES FROM THE CANADIAN PRESS

Student protests. Chaos reigns in return to Quebec classrooms

The calm of summer was shattered Monday with the return of school for Quebec universities, where some classes were disrupted as protesters disobeyed the back-to-school law.

Chaotic scenes, reminiscent of those seen across the province in the spring, suddenly flared up at two Montreal universities after a relatively quiet summer.

The province passed an emergency law, known as Bill 78, to set stiff fines for people who prevent students from attending class.

A tumultuous standoff erupted in the corridors of Université de Montreal between security guards and masked protesters. The demonstrators were trying to spring seven of their comrades who had been detained by officials in a fourth-floor classroom.



A security guard checks the door to a classroom as demonstrators block the entrance at the Université du Québec à Montreal on Monday.

PAUL CHIASSON/THE CANADIAN PRESS

Meanwhile, across town, masked demonstrators entered Université du Québec a Montreal and disrupted classes. Protesters also blocked cameras and one person taunted a journalist.

THE CANADIAN PRESS

Melting away. Summer heat shrinks Arctic Ocean ice to record low

Critical ice in the Arctic Ocean melted to record low levels this sweltering summer and that can make weather more extreme far away from the poles, scientists say.

The National Snow and Ice Data Center reported Monday that the extent of Arctic sea ice shrank to 4.09 million square kilometres and is likely to melt more in the coming weeks. That breaks the old record of 4.17 million square kilometres set in 2007.

The North Pole region is an ocean that mostly is crusted at the top with ice. In the winter, the frozen saltwater surface usually extends about 15.54 million square kilometres, shrinking in summer and growing back in the fall. That's different from Antarctica, which is land covered by ice and snow and then sur-

Quoted

"It really does imply that the Arctic is moving to a new state. The Arctic is changing."

Tom Wagner, NASA ice systems program scientist

rounded by sea ice.

Normally sea ice in the Arctic reaches its minimum in mid-September and then starts refreezing. But levels on Sunday shrank 69,930 square kilometres beyond the old record.

Figures are based on satellite records dating back to 1979. The ice centre bases its figures on averages calculated over five days.

THE ASSOCIATED PRESS

Terror plot. Prosecutors claim U.S. soldiers formed militia inside army

Four U.S. army soldiers killed a former comrade and his girlfriend to protect an anarchist militia group they formed that stockpiled assault weapons and plotted a range of anti-government attacks, prosecutors told a judge Monday.

Prosecutors in rural Long County, near the sprawling army post Fort Stewart, said the militia group, composed of active-duty and former U.S. military members, spent at least \$87,000 buying guns and bomb components. They also said the militia was serious enough to kill two people — former soldier Michael Roark and his 17-year-old girlfriend, Tiffany York — by shooting them in the woods last December in order to keep the group's plans secret.

"This domestic terrorist organization did not simply plan

Fessing up

Burnett, 26, pleaded guilty Monday to manslaughter, illegal gang activity and other charges. He made a deal to co-operate with prosecutors in their case against the three other soldiers.

and talk," prosecutor Isabel Pauley told a Superior Court judge. "Prior to the murders in this case, the group took action. Evidence shows the group possessed the knowledge, means and motive to carry out their plans."

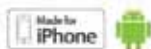
One of the Fort Stewart soldiers charged in the case, Army Pfc. Michael Burnett, also gave testimony that backed up many of the assertions made by prosecutors.

THE ASSOCIATED PRESS

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Housing affordability still eroding

Higher home prices. Possible interest-rate increases next year could strain ownership and ultimately cool the hot Toronto market

The heat of Toronto's red-hot market may be "dissipating," but housing affordability has declined across Ontario for the second consecutive quarter with higher costs yet to come from rising interest rates, says a study from RBC Economics.

The cost of carrying the mortgage, utilities and taxes on a benchmark two-storey detached home in the Toronto area climbed 1.1 percentage points to eat up 63.9 per cent of median household income in the second quarter of this year.

The cost of owning a bungalow was up almost one percentage point to 54.5 per cent, says the report. Condos remained

By contrast

- At the peak of the housing market in the 1990s, it took about 80 per cent of household income to pay the mortgage, utility costs and taxes on a single detached home in the GTA, says RBC economist Robert Hogue.

relatively affordable, climbing just 0.3 percentage points with carrying costs equalling about 35 per cent of median income.

In the case of single-family homes, the average carrying costs are well above the historic rule of thumb that housing costs should eat up no more than about 32 per cent of household income.

The GTA remains better off than Vancouver, where a carrying a detached bungalow now eats up 91 per cent of median household income.

TORSTAR NEWS SERVICE



Iraqis flock to faux fast-food franchises

A customer stands outside Burger Friends restaurant in Baghdad. A wave of new American-style fast-food restaurants is spreading across the Iraqi capital, enticing customers hungry for alternatives to traditional offerings. Iraqi entrepreneurs and investors from nearby countries, not big multinational chains, are driving the food craze. They see Iraq as an untapped market of increasingly adventurous eaters where competition is low and the potential returns are high. The traditional Arabic restaurants long popular here now find themselves competing against curiously named rivals such as Florida Fried Chicken, Mr. Potato, Pizza Boat and Burger Friends. There is even a blatant KFC knockoff called KFG, which owner Zaid Sadiq insists stands for Kentucky Family Group. KARIM KADIM/THE ASSOCIATED PRESS

Patent case. Apple seeks ban on 8 Samsung devices

Apple on Monday gave a federal judge a list of eight Samsung products it wants pulled from shelves and banned from the U.S. market.

U.S. District Judge Lucy Koh asked for the list after a jury in San Jose last week slammed Samsung with a \$1.05-billion US verdict, finding that the South Korean technology giant had "willfully" copied Apple's iPhone and iPad in creating and marketing the products. Samsung plans an appeal.

The products Apple wants banished from the United States are all smartphones: Galaxy S 4G, Galaxy S2 AT&T, Galaxy S2, Galaxy S2 T-Mobile, Galaxy S2 Epic 4G, Galaxy S Showcase, Droid Charge and Galaxy Prevail.

The judge has scheduled a Sept. 20 hearing to discuss Apple's demands for the sales bans.

She asked Apple on Friday to submit the list of products it wants removed from U.S. stores after Samsung complained it doesn't have enough time to prepare for the scheduled hearing.

THE ASSOCIATED PRESS

Auto rentals

Hertz buys Dollar Thrifty for \$2.3B

More than two years after its original bid, Hertz agreed Sunday to buy Dollar Thrifty Automotive Group for about \$2.3 billion US, giving it more ways to attract travellers and expand its international presence.

At \$87.50 per share, the deal is worth far more than any of Hertz's previous bids and about eight per cent higher than Dollar Thrifty's closing price Friday.

Nothing will change immediately for consumers. Travellers who rent through



A clerk works at a Dollar Rent A Car outlet in New York. THE ASSOCIATED PRESS

Dollar Thrifty will still visit that counter for service. In the long run, prices in many markets will almost certainly rise as the two companies streamline their operations. THE ASSOCIATED PRESS

Market Minute



DOLLAR
100.93¢ US (+0.08¢)



TSX
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PARK LIFE: FINDING JOY IN THE CITY'S COMMUNAL BACKYARD



SHE SAYS...
Jessica Napier
metronews.ca/voices/
she-says

Sometimes I'm jealous of my suburban pals. I don't have a backyard, a barbecue, a deck or a pool; but I do have a park. In the city's concrete jungle, parks are an oasis of green where visitors

and residents congregate en masse to enjoy the dog days of Canada's fleeting summer.

Every weekend, downtown dwellers descend from their high-rise abodes to enjoy the street-level wonders of urban parklands. They sprawl out on picnic blankets and people-watch as other park-life fans throw Frisbees, walk their dogs and engage in raucous rounds of croquet and bocce ball. After the sun goes down, people bring their own lanterns and sparklers, hosting al fresco birthday parties under the moonlight.

Land of the park-goers

When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings allow us to take back public space as something that is truly ours.

This summer, my neighbourhood has been playing host to a series of impromptu outdoor-movie nights. These screenings aren't so much an official community event as they are a couple of guys with a projector and enough Facebook friends to get the word out.

Tea-light candles demarcate the seating area and the previews are YouTube music videos that inspire dancing in the crowd. Bicycles litter the makeshift aisles and the organizers sell \$3 cans of Pabst

Blue Ribbon and PWYC popcorn. Is it legal? Definitely not, but it's amazing.

After the movie finishes, everyone gathers their garbage and quietly makes their way home. For the most part, no one is loud and obnoxious; we respect our neighbours and the sanctity of our little patch of green in the heart of the city.

When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings allow us to take back public space as something that is truly ours.

Parks are exempt from the rules and commercial interests that govern the rest of the city; they are places to bring homemade meals and make DIY fun. There is no waiting for a table at the park and the price of admission is nil.

My park is where I liberate myself from the monotony of the treadmill and run along winding pathways and hidden trails. It is where I go to be alone with a book or reconnect with friends over a game of Scrabble, accompanied by a concealed bottle of wine. It is the bonus piece of beautiful green space that was never advertised with my 800-square-foot apartment.

As cityscapes become increasingly dominated by paved sidewalks and towering structures of concrete and glass, our parks, no matter how small, feel like an expanse of natural realism. They should be enjoyed and celebrated but, most importantly, preserved.

Follow Jessica Napier on
Twitter @MetroSheSays



A sunbather does a cartwheel in Manhattan's Westside Park in New York City earlier this summer. JOHN MOORE/GETTY IMAGES

Look before you leap



NATE CHAPPELL/REX FEATURES

Frog legs

Flipped like a pancake

This picture of a wild supper was captured in Missouri City, Texas, by photography tour operator Nate Chappell.

The yellow-crowned night heron preys on frogs but has to flip them several times in order to swallow them.

This two-legged bird needed several attempts to consume its meal.

METRO



Nate Chappell CONTRIBUTED

Q&A with the photog

- **How did you get the shot?**
The heron was preoccupied with eating the frog, so it let me approach fairly close. I got down low in the grass to get a more intimate view and better background. I crawled on my hands and knees to get closer to the bird, knowing that the bird was less likely to fly off if I was crawling. The bipedal form of humans is how most animals recognize humans and consider us a threat.

Longtime nesters

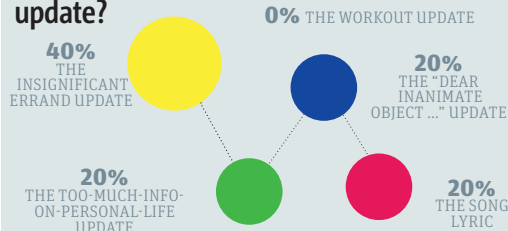
20

The number of years a yellow-crowned night heron family will inhabit a single nest. This is remarkable loyalty as the bird only lives for around six years, but its family will stay far beyond that. However, in many of the U.S. breeding grounds, the nests are under threat from hunters.



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What's the most annoying Facebook status update?



Twitter

@stephmcconnell: Bus route 41's runnin again, classes are juuuust around the cornerrr. I'm kind of excited, I'll admit :) #halifax #dalhouse

@saraemilee: Mmmm the feeling after a successful shopping day is great #halifax

@steffyG: People in this city have staring issues...#halifax

@wayneglenwood: Just discovered Point Pleasant Park in Halifax. Wow. It's...ah...soooo pleasant!

@BrandonLeo2: This construction in Halifax/Dartmouth is killing me ...

@Cgyq: Just seen an eagle in #Halifax. Is that common?



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DVD reviews



Battleship

Director. Peter Berg

Stars. Alexander Skarsgård, Brooklyn Decker, Liam Neeson

The reliable Liam Neeson elevates every film he puts his name to, including pay cheque gigs like *Clash of the Titans*. But even he couldn't keep *Battleship* from tanking. Based in name only on the old Hasbro board game, the Peter Berg-directed film awkwardly yokes a romantic redemption tale with a sci-fi potboiler about space aliens invading Earth. Neeson gives good stare in *Battleship*, as the admiral in charge of the U.S. Navy Pacific Fleet. That's about all he gives, but you can't blame him. The characters are little more than game pieces in this exercise in CGI overkill. Taylor Kitsch is the putative star, playing screw-up Alex Hopper, who fails at the high ideals set by his Navy-straight older brother Stone (Alexander Skarsgård). *Battleship* gives little reason to care about these characters. The state of your hearing after all the boom-boom would be of greater concern.

PETER HOWELL

Headhunters

Director. Morten Tyldum

Stars. Aksel Hennie, Synnove Macody Lund, Nikolaj Coster-Waldau

Headhunters begins as a caper flick — we even get an opening how-to in the art of art theft — before transforming into a chase thriller, with both sections of director Morten Tyldum's film equally engrossing. Aksel Hennie is Roger Brown, a corporate talent scout who takes his occupation so seriously, he may as well be collecting scalps. Despite his impeccably tailored suits and outwardly genteel manners, Roger has a furtive look, resembling a Scandinavian Steve Buscemi. Roger is really a boor and conman. The craftiest trick of this well-written Norwegian film, though, is the way it shifts our sympathies from despising Roger at the outset to somewhere close to cheering for him at the end.

PETER HOWELL



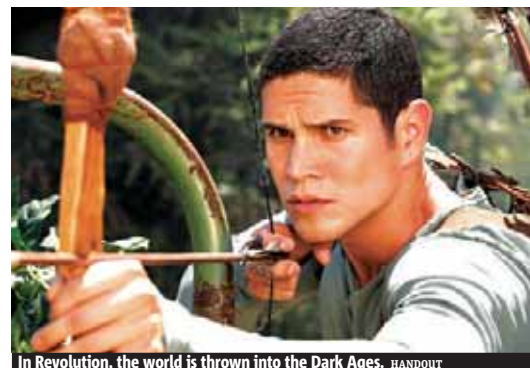
Could Chicago Fire be pigeonholed as a public safety show?



Partners is the story of two guys and a bit of jealousy. HANDOUT



Matthew Perry is a bereaved radio host in Go On. PHOTOS: THE ASSOCIATED PRESS



In Revolution, the world is thrown into the Dark Ages. HANDOUT

TV's fresh fall crop a rather safe fare

Predictable choices. With the exception of *Animal Practice*, new programs seem to be sticking to tried-and-true formulas

Here's a fearless prediction for the new fall season: *Animal Practice* will be either a hit or a big-time miss; either a comedy game-changer for NBC or a punch line for its ratings desperation.

This sitcom about a veterinarian and his monkey sidekick is already commanding the attention of viewers. NBC has heavily hyped it, most notably by interrupting the Olympics closing ceremony to air a preview of the show and enraging viewers waiting for the Who.

But who cares if they're angry? For any new show, just getting noticed is half the battle. Between now and December, *Animal Practice* (airing on Global in Canada) is among nearly two dozen series getting launched by the five broadcast networks, which for weeks have been feverishly hyping the new crop with everything from bus ads to Twitter feeds, plus multi-platform previews of some shows, like *Animal Practice*, thrown in.

All of this is done with the certain knowledge that at least two-thirds of the new fare, no

matter how relentlessly promoted, will have fallen by the wayside by this time next year.

Remember these duds from last fall: *Charlie's Angels*? *Free Agents*? How to be a Gentleman? Does a similar fate await *Animal Practice*, which stars Justin Kirk as a misanthropic veterinarian and Crystal, a scene-stealing capuchin monkey, as his oddly human second banana?

Or what about *Go On*, an NBC comedy (airing on Global in Canada) that casts Matthew Perry as a sports-talk radio host forced to attend grief counseling after the death of his wife? Can sadness trigger hilarity?

Or what about *Chicago Fire* (airing on Global in Canada) an action drama about firefighters from Law & Order maestro Dick Wolf? *Chicago Fire* could be pigeonholed as a show about public safety, but bona fide cop dramas — one of TV's most enduring genres — are represented by three fanciful variations.

On Vegas, CBS' robust new drama (airing on Global in Canada) set in the early 1960s, Dennis Quaid plays a rancher-turned-sheriff of the budding gambling mecca, with Michael Chiklis a mobster casino boss.

NBC's *Elementary* (airing on Global in Canada) stars Jonny Lee Miller as a modern-day detective with the name and quirkiness of legendary Sherlock Holmes, and Lucy Liu as Dr. Joan Watson. They assist the

New York Police Department with solving crimes.

And the CW's *Beauty and the Beast* (airing on Showcase in Canada) features a lovely young homicide detective (Kirstin Kreuk) who reconnects with a handsome young doctor who saved her life when a teenager. She also discovers his terrible secret: Thanks to a military experiment gone awry, when he is enraged, he becomes a terrifying beast with uncontrollable strength.

Meanwhile, there's just one new lawyer show on tap: CBS' *Made in Jersey* (airing on Global in Canada), which stars British actress Janet Montgomery as a young working-class Jerseyite from a long line of self-taught beauticians, a gal who bought her attache case not on Madison Avenue but down the shore. She lands a job across the river at a prestigious Manhattan law firm where her style raises eyebrows but wins cases.

Autumn will bring three new doctor dramas, each of which — like *Made in Jersey* — is headlined by a woman.

Jordana Spiro stars in Fox's *The Mob Doctor* (airing on CTV in Canada) as a Chicago surgeon whose obligations to the mafia require her to give medical treatment to a gang of hoods.

On the CW's *Emily Owens M.D.* (airing on CTV in Canada), Mammie Gummer plays a young med-school grad who's beginning a hospital internship full

of hope. And on the Fox comedy *The Mindy Project*, creator-star Mindy Kaling plays a thriving OBGYN whose personal life is a succession of pratfalls.

NBC's edgy *The New Normal* (airing on CTV in Canada) finds gay couple Andrew Rannells and Justin Bartha concluding there's only one thing missing from their happy home: a child. They line up a surrogate mom (Georgia King) to carry it for them.

Also trading on the gay theme is *Partners* (airing on Citytv in Canada), with David Krumholtz as Joe and Michael Urie as Louis, partnered architects and best friends since high school. Louis is gay and Joe is straight, which isn't a problem until Joe decides to marry his girlfriend and Louis feels the sharp pangs of jealousy.

Besides the hybrid *Beauty and the Beast*, the networks have scheduled five other series with a supernatural, sci-fi or fantasy twist.

At the start of NBC's epic new drama *Revolution* (airing on Citytv in Canada) the lights abruptly go out, around the world. This unexplained power outage deprives everyone of every piece of electrical technology, stranding humanity in a modern-day Dark Age with no end in sight.

Let's hope this fate doesn't really befall humanity as we look forward to 2012's fall TV season.

THE ASSOCIATED PRESS

On the web



After a century of movie copyrights, piracy and preservation still present challenges.



Kellan Lutz

Twilight actor misses the pre-fame days

Despite the mega-success of the Twilight film franchise, Kellan Lutz kind of misses the good old days. "My favourite moments were during the first movie, before any of this craze happened. We were just ourselves, no one really knew who we were yet," Lutz tells Us Weekly. "We haven't changed per se, but we were able to get away with a lot more." And while some mem-

bers of the cast have dealt with the spotlight better than others, Lutz insists the series' popularity caught them all off guard. "I don't really like to comment on everyone else's process, but I think we've all done the best we could with this," he says. "It can be surreal sometimes. I don't know if we all knew what we were fully getting into on all fronts."

Happy couple, Reynolds, Lively going strong

After almost a year together, Ryan Reynolds and Blake Lively are still going strong, according to People magazine.

The happy couple was spotted in New York City last week celebrating Lively's 25th birthday with

an indulgent treat at Serendipity 3. "They were very attentive to each other, sitting close and very into each other," an eyewitness says.

"They were oblivious to what was going on around them,"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



The Word

Tom Cruise kept the diamonds coming

THE WORD
Monica Weymouth
scene@metronews.ca

Say what you will about Tom Cruise — we certainly do — but the guy isn't cheap.

During their five-year marriage, Tom Cruise showered Katie Holmes with the type of gifts found only under the Scientology Christmas tree.

"Tom was extremely generous to Katie with lavish gifts during their marriage, and she will be keeping millions of dollars of jewelry, Hermes handbags and other luxurious items," a source tells RadarOnline.

"Tom gave Katie diamond earrings as a birthday gift one year that easily cost over \$500,000, and he had custom design pieces made for her."

Under the terms of their divorce, Holmes gets to keep the swag and is free to sell it if her earlobes get tired — meaning, we can only hope, that she won't need that Dawson's Creek reunion paycheck.



Angelina Jolie and Brad Pitt

Pitt children let loose in French toy store

Brad Pitt and Angelina Jolie squeezed in a little late-summer vacation time, taking four of their six kids to the coastal town of Le Touquet, France, over the weekend, according to People magazine. Pitt and Jolie treated daughters Zahara, Shiloh and Vivienne along with son Knox to pizza before letting them loose on a local toy

store Jolie had visited before.

"I wasn't notified of their visit. I didn't expect it. I didn't even recognize them. I said 'Bonjour' like I do to all my clients and then I saw Brad Pitt," an employee of Culture Kid tells the magazine. "Since Angelina was here with her son last year, the shop has moved, but they found us."

Twitter



@SethMacFarlane

A big part of my life is trying to apply Purell without being noticed by the person who just shook my hand.



@BetteMidler

Gentle readers, by now you have gathered that I have been interested in wacky weather ever since I saw smog for the first time 40 yrs ago..



@Crustyrocks

I deny all hurtful rumours that I have invented bejeweled hover-shoes. Lawyers tell me they are fashionable.



@SandraBernhard

camping is fine as long as someone else does all the work



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Visual aids can be used to help remind people that they have reached their limits on snacking. HANDOUT

Obey the stop sign for snacking

Health options. New study shows that visual cues can effectively cut down on consumption of snack and junk foods in your home

BEN KNIGHT
life@metronews.ca

Snacks are seductive. So delicious. So satisfying. Not always healthy, though — and overindulgence is a constant danger.

But new research from Cor-

nell University in Ithaca, N.Y., suggests that visual cues can effectively cut consumption, without really damaging enjoyment.

Cornell's food and brand lab dyed every seventh chip in a stack of potato chips red, then gave them to unsuspecting test subjects.

"We simply had marker chips in there," says lab director Brian Wansink, author of *Mindless Eating: Why We Eat More Than We Think*.

"We didn't say anything. There was no mention of why it was red, or anything. Simply having a marker chip in there led people to eat either

By the numbers

\$2.1B

\$2.13 billion is the value of snack food products shipped by Canadian producers in 2009.

seven or 14 chips. They got to the point where they'd see this stop sign. They might eat one or two more chips, but they wouldn't eat 50 more."

A happy accident, or real science?

"We did the study three times, because the first time,

it seemed too good to be true," he says. "Every time we did it, we saw this huge, huge effect."

But does it work when people know what the red chip means? Can this work with other snack foods, which don't so easily stack?

"Yes, yes, yes!" Wansink enthuses. "You can break your snacks up into little baggies. It may not be good for the environment, but it gives you a visual stop sign. Or you can use a twist seal to reseal a candy bar after you've eaten part of it."

He also suggests eating ice cream out of a little bowl.

"You can go back for

seconds. You can go back for thirds! The empty bowl is kind of a red chip, saying 'Hey, do you want more?' You can have more, but you have to make that decision."

Wansink insists that eating less doesn't mean there's a matching drop in snack satisfaction.

"What we find is that it doesn't seem to be the amount. It's just whether you get the snack or not. We find that people get tremendous satisfaction out of just half the amount they would otherwise eat."

"Visual stop signs cause you to think twice."

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Recreational use of MDMA can have long lasting effects. ISTOCK PHOTOS

The agony of ecstasy

Health effects. Study finds that even casual use of MDMA over a short period of time can have lasting issues

CELIA
MILNE
life@metronews.ca

Taking MDMA pills at a rave could hurt your brain in the long run.

MDMA — also known as ecstasy, XTC, Adam, E, or the love drug — is illegal.

It is sold inexpensively on the street, and is commonly taken at all-night dance parties.

When you buy ecstasy, you are often getting drugs other than MDMA, including caffeine, ephedrine, amphetamine or LSD, which can make it lethal, according to the Centre for Addiction and Mental Health (CAMH).

There have been reports of clusters of overdoses and even deaths of young people from MDMA, but its long-term effects have been widely debated. A new study in Germany has found MDMA can indeed have lasting effects on brain function.

Researchers ran tests on 109 people in the study; some had taken no MDMA and some had taken as many as 60 pills in the previous year.

The 23 volunteers who

had used more than 10 pills of MDMA did significantly worse on tests of visual memory and learning than those who didn't take this recreational drug.

Researchers made sure that the differences in brain function couldn't be explained by age, intelligence, medical history, nutrition, sleep quality or whether subjects were users of cannabis, alcohol and cigarettes.

"Our findings may raise concerns with regard to MDMA use, even in recreational amounts over a relatively short time period," noted the authors.

The study is being published in the Journal of Addiction Medicine.

Up and Down

UP

Paddleboarding

That's what the cool celebs, including Twilight's Ashley Greene, have been up to this summer. Stand on an oversized surfboard and use your arms to power your way through the water with the help of a paddle. It's tough work, and if you keep at it, you'll end up with a toned upper body and thighs of steel. Want to bring things up a notch? Try Paddleboard Yoga...



DOWN

Arrogant people

Researchers at UC Berkeley found that overconfidence, the belief that you are more physically talented, socially adept, and skilled at your job than you really are, is influenced by social status. Professor Cameron Anderson, co-author of the study, explains that those who believe they are better than others tend to be given a higher place in the social ladder. But thinking you're the best isn't always a good thing. In fact, the study shows that it can negatively affect both performance and decision-making. So pipe down.



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Finally, a healthy version of Shrimp Fried Rice



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Fried rice in Asian restaurants is often made with lard or excess oil, adding enormous amounts of calories and fat.

I use a stock-based sauce that only uses a tablespoon of sesame oil. Also, instead of traditional green peas, I use edamame. That brings the calories per serving to 309 and the total fat to 5.4 grams.

1. Sauce: Whisk chicken stock, soy sauce, sesame oil and chili sauce in a small bowl. Set aside.

2. Add rice to stock and bring to a boil. Reduce heat to low, cover and simmer 10 minutes. Remove from heat and let sit for 10 minutes, covered.

3. Lightly coat large skillet or wok with cooking spray, add oil and set over medium-high heat. Add onion and sauté 5 minutes or until softened. Add garlic and ginger and sauté 1 more minute. Add

shrimp and edamame and sauté 3 minutes or until the shrimp just turns pink. Stir in the carrots and green onions.

4. Add cooked rice to shrimp mix. Add sauce and stir-fry 2 minutes, or until everything is warmed through and rice is coated with sauce. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES
(WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Sauce

- 1/3 cup chicken stock
- 3 tbsp low-sodium soy sauce
- 1 tsp sesame oil
- 1 tsp hot chili sauce

Rice

- 1 1/2 cups white rice
- 1 1/2 cups chicken stock
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp each finely chopped garlic and ginger
- 4 oz raw shrimp, peeled, deveined and diced
- 1 cup frozen shelled edamame
- 1/2 cup each grated carrots and chopped green onions

Health Solutions

Cereal killer



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Say "fibre" and everyone thinks "bran," but there is a world beyond wheat that may be even better for you.

One of the key nutrients required for, ahem, regularity is magnesium and magnesium can be bound by wheat bran rendering it inabsorbable.

So over the long haul, you want to vary the source of bulking substance like wheat bran (insoluble fibre) and add cholesterol lowering, blood sugar regulating soluble fibre from other sources. (And I will try to keep this clean...promise.)

Insoluble Fibre Sources

1. Kidney and Lima Beans, Lentils and Dried Peas
Kidney and lima beans as well as lentils and dried peas are fabulous

sources of soluble fibre. Find a way to work them into your soup, rice or entrée daily.

2. Psyllium Husk

Psyllium husk is found in some breakfast cereals but also as a powdered supplement that can be added to just about anything.

3. Barley

Barley is a fabulous alternative to rice. Cooked in stock and stirred with grated Parmesan cheese, it is almost risotto-like. Tossed into salads and soups it adds texture and flavour.

What insoluble fibre does is pull water into the bowel to form an easy to pass gel. This prolongs stomach emptying time to slow down digestion of sugars and helps capture and remove bad fats. Easy, peasy...get it?



Theresa Albert is an author and nutritionist in Toronto. She is @THERESAALBERT on Twitter and found daily at myfriendinfood.com

Fiona Domestic Short Hair

This 2 year old was abandoned by her owners after giving birth to 4 kittens. Fiona's babies have been adopted and she has been spayed. We believe she would prefer a calm, quiet, peaceful home: adult-only or one with older children who understand that adding a new feline family member takes patience. Given her past experiences, the right adopter will let her settle in according to her own inner schedule. She is still adjusting to shelter life and it must be upsetting for her that her wee ones are no longer around. If you have room in your heart and life for this sweet little girl, then please visit the shelter today.

For more information on Fiona and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca



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As a guitarist, my eldest brother Graeme inspired me to learn to play; as a weightlifter, he used to show off by bench-pressing me above his head; and later, when I was bullied in school, he would pick me up in his boat of a car, looking intimidating in black clothes, covered in tattoos.

In his early 30s, he was diagnosed with kidney disease—he never showed it, he never looked or seemed sick... I was shocked when I found out that he would need a transplant.

My hope came in the form of my brother's friend since high school, Todd, who offered his own kidney to save my brother's life...

Adrienne, a grateful sister



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Ready, set, head for the border!

Alison's Money Rule. Keep travel and accommodation costs low to save big on cross-border shopping



YOUR MONEY
Alison Griffiths
money@metronews.ca

Desperately seeking last minute back to school deals? Go south. Call me unpatriotic and a Canadian business killer, but financially stressed families can't be faulted for wanting to save money by taking advantage of cheaper prices.

New customs rules and a strong loonie provide good reasons to head into the US for all those must have school clothes, electronics and other goodies.

But if you go be prepared for long waits during peak times this weekend as the 50 million visits annually by Canadians to the U.S. is the highest in two decades.

Higher limits on what we



There are plenty of good reasons to cross the border for shopping. ISTOCK IMAGES

can bring back to Canada went into effect in June, which will only boost that visitor number.

For stays of 24 hours the import limit is \$200, up from \$50, and a flat \$800 if you stay more than 48 hours, up from \$400 for two day visits and \$750 for a week or more.

According to the most recent BMO Capital Markets cross border shopping report, some of the best deals south of 49 are the kinds of things kids need: want for school. For example, running shoes are 37 per cent cheaper in the States, those adorable Pottery Barn Kids backpacks cost 26 per cent less and you'll save 19 per cent on kids' Gap T-shirts.

A basket of U.S. goods including diapers, BBQs, iPods, golf balls and small appliances produces a savings of 14 per cent. However, don't just focus on prices. Factor in the cost of gas, meals, hotel as well as duty and GST and HST if you go over limit — which is very easy to do. Don't forget to take the exchange rate into account. Though the posted rate may show the loonie at par or better, when you buy greenbacks it will cost you three to four cents more.

And if you use your credit or debit card there will be an exchange rate differential plus (usually) a 2.5 per cent transaction fee.

Affordable travel

When loyalty doesn't pay off



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I had my frugal butt kicked last week as I planned an affordable last minute trip to Europe. In light of the Eurozone debt crises, some of the most inexpensive international holidays at the moment are European vacations.

I had the right idea on how to save money — wait until after the Olympics, be semi-flexible on the location, try to snag a last minute travel special and use loyalty points for flights, rail and hotels.

But, when it came time to redeem my travel rewards, I couldn't use a single point towards any part of the trip.

My first error was waiting too long to book; my second error was trying to book a seat sale on flights through my VISA points — which I have done on previous occasions.

But because I didn't leave enough time in advance, according to VISA's policy, the cheap flights were not available nor eligible for point redemption.

A July 2012 American Express survey revealed that approximately 19 per cent of North Americans use loyalty points for travel throughout the summer months; hence the limited availability.

The next eye-opener for me was learning the true cost of trying to use loyalty rewards semi-last-minute; the amount of points it takes to purchase a ticket can be triple the normal amount. No thanks! That's a bad deal!

That's when I decided to book my seat sale without using points and instead I paid with cash.

Thankfully, with a strong Canadian dollar, off-season pricing and switching to a local airline from London, the price tag

was 50 per cent less than if I were to have planned travelling mid-summer.

Post purchase, I learned through Google research that the greatest value travel point collectors receive is when they use their points for business or first class tickets.

Thus, I tried one last time to use my points for an upgrade to business class for the long-haul portion of the trip.

NO-GO. Because I'd booked seats on sale my 'cheap seats' weren't eligible for upgrades ... on any segment of the trip.

I still believe in collecting points because I love free things.

But, my unpleasant experience has taught me that to maximize the greatest value from a loyalty program, book well in advance.

I'd also recommend avoiding rewards programs you don't plan to redeem within a short time frame (five years or less).

This is because the longer you wait, the more likely it is the point system will change and adjust to the increasing cost of providing the rewards.

More Fun and Frugal

Follow Leslie on Twitter
@LesleyScorgie



'Intervention meets Sex and the City'

Reality TV. Reformed 'other woman' offers plenty of advice in The Mistress, which premieres Wednesday

MELISSA REBER
For Metro

If you're caught in a love triangle with a married man, Sarah Symonds has some advice for you: "Get out! Don't walk, run! He will never leave his wife for you."

Sarah would know; she calls herself the reformed "other woman" after a string of affairs (including ones with chef Gordon Ramsay and Jeffrey Archer) left her heartbroken and alone.

She wrote the book *Having an Affair? A Handbook For The Other Woman*, which stirred up major media interest on the controversial subject.

Now she has teamed up with Great Pacific Media to produce a reality show called *The Mistress*, where she will work with women stuck in these dysfunctional relationships to help set them on the right path. The show premieres Wednesday at 8 p.m. ET on Slice.

What was it that attracted you to the lifestyle of 'the other woman'? What made you finally stop?

At the time I started I was in my late 20s, I was mixing in a high octane PR world. I didn't have the filter to say no. Most of the men I dated were unavailable or married, although sometimes I didn't know that at first. In 2006 I had my heart broken beyond words and that's what made me sit down and write my book. Then when the Gordon Ramsay scandal broke, I didn't want to be that girl in the tabloids and have my parents see that. I wanted to be done with it.

Have you ever been confronted by one of the wives (any fights)?

No physical fights, but I've called both the wives of the men I really loved. It was not out of malice, it was out of pain, but the reaction I got when I called the wives... they were so matter of fact, and there I was bawling my eyes out. They just said, 'OK, I'll have a talk with him when he gets home.'

It was unbelievable.

There are some altercations on the show, but it's not about that and it's not about exposing him (the man). It's a raw subject and I'm trying to get them out of this toxic relation-

ship, and when that happens there are going to be confrontations.

What are the top three signs that your partner might be cheating/has a mistress?

1. If he's suddenly mysterious about his cellphone, if he doesn't want you to see his missed calls or text or he goes into the washroom to use his cellphone — wake up! Who does that? He's probably hiding something.

2. If he says he needs alone time or is willing to run around doing any errands he normally wouldn't.

Remember that the "other woman" is always asking to see him so to keep her happy he'll have to find excuses to get out of the house.

3. If he suddenly offers to do his own laundry — what man does that? He might be trying to make sure you don't see any stains on his shirt or a fancy restaurant receipt he left in his pocket.

You've got instincts, use them! If you think something is wrong, investigate it. Having said all that, don't be paranoid, but don't be stupid. Be real.

Advice for the wives?

Wives need to wake up! After you get married you have to still be the woman he married. This might be harsh, but if you're not sleeping with your husband someone else is. But I don't place the blame only on the wife or on the husband; there is blame on both sides. Men — go home and talk to your wife. If it's not working

out then end it. It's called wedlock not deadlock!

What's the difference between mistresses around the world?

I hear from women everywhere. Just last week I got emails from women in Manila (Philippines), India, Australia... and it's all textbook details; same situation, different location.

Tell me a bit about the show.

What should viewers expect? It's a mix of *Intervention* meets *Sex and the City*. It has a redemption edge to it, but it's a wake-up call for mistresses.

My work is over five days with them and I want to get them to realize they are worth more and to move on. Each story is so different...

different ages, colours, circumstances.

This show is myth busting. You typically think of the busty blond being the mistress, but on the show what we see is so far from that stereotype. It'll blow your mind.

It took a Canadian company to believe in me, so bravo to Canada for taking a chance.

People are interested and searching for this info. And who knew there was so much infidelity here (laughs).

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WOODSIDE A COMMUNITY OF CONTRASTS

There's a strange dichotomy to the small Dartmouth community of Woodside. It's old and established and yet it contains some of the newest and most state-of-the-art developments in HRM. It has a reputation for being an industrial, working class neighbourhood, but it's also one of the most beautiful locations in the city, with spectacular harbour views, forested lakes and an urban trail system that connects with the TransCanada Trail.

Woodside is a quiet corner of the city of that manages to be in the centre of everything — a place where one of HRM's busiest urban highways converges with a modern ferry and bus ter-

minal. A new and vibrant neighbourhood with plenty of old-city charm.

Today, Woodside is a community in transformation. It's apparent everywhere you look. When the local Moirs chocolate factory closed in 2005 it was transformed into Dartmouth Gate, a retail shopping and commercial development with tenants including Value Village, Guardian Pharmacy, CBI Health Centre and the Pleasant Street Medical Group. The Nova Scotia Community College (NSCC) also chose the location for its new Aviation Institute in the facility. An old elementary school called North Woodside Elementary has been turned

into the North Woodside Community Centre. And NSCC's recently completed Waterfront Campus building would be a showstopper in any community in Canada.

But the most dramatic transformation is taking part on the outskirts of Woodside, just off the new Exit 8 on Highway 111. Russell Lake West is a planned residential and commercial development that includes a mix of low-density single family homes, medium-density town-homes and higher density condominium and apartment buildings. The development also includes a large commercial plaza called Millstone Square.

About 17,000 Woodside residents live in two distinct communities — North Woodside and South Woodside — separated by Highway 111. Those numbers are swelled every day by thousands of HRM commuters who travel to Woodside via bus, ferry or car to work at major area employers including two hospitals, the Nova Scotia Community College Waterfront Campus and the Woodside Industrial Park. More than 2,000 NSCC students make the commute as well. What they find is a relaxed community packed with amenities and close to everything that the city has to offer.

- Tom Mason

Photos: Tom Mason



The Woodside Harbourfront Trail connects with the TransCanada Trail in downtown Dartmouth.

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The Woodside Ferry Terminal offers some of the best views in the city.



Russell Lake maintains it's quiet, natural appeal.



The Millstone Square commercial complex.

WOODSIDE INDUSTRIAL PARK

For three decades business in the Woodside community has focused around the Woodside Industrial Park. The park is the home base of InNOVAcorp, Nova Scotia's unique technology incubator and research facility that has spawned some of HRM's smartest and most important technology businesses including

Ocean Nutrition Canada and Survival Systems.

Woodside Industrial Park has another unique attribute — it comes with its own 750-foot docking facility on Halifax Harbour, making it an attractive location for anyone who's business depends on access to the ocean.



Photo: Tom Mason

Woodside Industrial Park.



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Lindsay Crandall and Michelle O'Connor operate the cash at Petstuff on the Go.



Holly Stevens learns the ropes at Petstuff on the Go's new pet grooming service.



PETSTUFF ON THE GO CELEBRATES 20 YEARS

It all started two decades ago with a line of cat furniture sold by two university students. Today, Petstuff on the Go offers a convenient delivery service for hundreds of pet owners around HRM every week. But for the people who work for the Woodside pet supply company, the company means much more.

Petstuff on the Go is the flagship business for Affirmative Industries — an organization that exists to help people with disabilities enter the workplace. Founded in 1992 by Dr. Norman Greenburg, a psychologist at the nearby Nova Scotia Hospital, Affirmative Industries exists to help mental health consumers gain the hands-on workplace skills they need to find jobs in the community.

Lori Edgar has been with the organization since it opened. She says

Petstuff on the Go fills a vital niche in the community that didn't exist before. "We work with people who have the interest and the desire to find a job who otherwise would have trouble finding one," she says.

Affirmative Industries started by purchasing the cat furniture business from the two young entrepreneurs. It quickly expanded to include a variety of pet supplies for dogs, cats, birds, fish and small animals. The unique delivery service followed soon after. Today Petstuff on the Go offers online shopping to supplement its Pleasant Street store, and the business also recently added a pet grooming service.

Affirmative Industries now operates three businesses in HRM, all of them staffed by people taking part in the

workplace training program. Last year, 83 people completed the 12-week program, doing everything from working behind the Petstuff counter to grooming pets. Almost all of them were successful at finding jobs in the workplace once they finished. "We have a very high success rate," says Edgar. "It's a real win win situation for the community. Our clients are able to find work and their employers get very good employees."

Petstuff on the Go will celebrate its 20th anniversary on Sept. 27 and customers, program graduates and friends are all invited. Edgar says they are even trying to locate the two university students who started the original business. "We'd like to invite everyone who has helped us along the way."

- Tom Mason

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The interior atrium at the NSCC Woodside Campus provides natural light and spectacular harbour views.



The interior atrium at the NSCC Woodside Campus.



NSCC has three unique biowalls that filter air and provide a sound barrier inside the Waterfront Campus building.

NSCC: AN IMPORTANT PART OF WOODSIDE COMMUNITY

Paul Little remembers the exact moment he thought about applying for the job of principal of Nova Scotia Community College's Waterfront Campus in Woodside. It was a year ago, and the Manitoba-based educator was attending a function on the Halifax side of the harbour. "I looked over at that magnificent building on the water and I began thinking about what it says about the college. I knew it was a place I wanted to work."

NSCC's new Waterfront Campus principal is a Halifax native, but for the past 28 years he worked at post-secondary schools in Alberta and Manitoba. Little's last job was at Red River College in Winnipeg where he served as dean of the School of Learning Innovation for 12 years. "I loved Winnipeg," he says, "but at the same time my wife and I always wanted the opportunity to come back to Nova Scotia."

The campus he takes over is a showpiece for NSCC and for the Woodside Community as well. Set on a hill overlooking the city, its multi-storey atrium brings in natural daylight and spectacular views of the city. It's also one of the most environmentally friendly buildings in Eastern Canada, using half the water of a similar-sized building, with state-of-the-art heating, cooling and window systems throughout. And it pioneered the use of bio-walls – walls of living plants



that filter and humidify the air and act as a natural sound barrier.

Little says it's hard to underestimate the impact that NSCC Waterfront Campus has on the Woodside community around it. Not only is it a meeting place and a focal point for innovation, it also provides the community with an influx of 2800 students every day. "I haven't bought a house yet, but I'm really leaning towards Woodside as a

NSCC CONTINUING EDUCATION

Want to learn how to paint using the Bob Ross Joy of Painting technique? How about beefing up nursing skills or a first aid certificate, or learning how to operate an AutoCAD program. NSCC's Waterfront Campus in Woodside and other Metro NSCC campuses offer a variety of hands-on continuing education courses this fall. And many of the classes are now available online. Visit coned.nsc.ca for the most up-to-date course information.

place to live," he says. "It's a great community."

Although he's only been in his new position for three weeks, Little says he can't help but feel positive when he looks out of his office window at the dramatic view across the harbour. "There's a real dynamic happening in this city," he says. "I look at the businesses, all the activity along the harbour — all of that is partially fuelled by what we do right here. Our college is producing much of the workforce that makes that whole thing run."

- Tom Mason

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PILOT'S PUB A WOODSIDE FAVOURITE FOR 21 YEARS

Sharon Playter's father was 66 years old when he decided to start a new business on the waterfront in Woodside — an eatery that would be known as Pilot's Pub. Nobody was surprised. Spurgeon "Spud" Covey had completed many things in his life. A developer by trade and an entrepreneur by nature, he helped develop many of the neighbourhoods around Woodside, Eastern Passage and Dartmouth in the boom years of the 1960s and 70s.

Twenty-one years later, Playter manages the neighbourhood pub that her late father started, and Pilot's Pub is as popular as ever. Playter's daughter, Suzanne Walker, works with her and many of the pub's small staff have been here since it opened. "It's a real family business," says Playter. "We're all family here, even the ones who aren't related."

The pub's name is a tip of the hat to the pilots and other military personnel who work at the nearby Shearwater Air Base. Many of them are regular customers, and some have donated the photographs and aircraft paraphernalia that line the walls. "We have a lot of regular customers," says Playter. "They come from the military base, from the two local hospitals and we also get a lot of

students from NSCC."

Most of them come for the food, a variety of home cooked items that include fish and chips, sandwiches, soups and chowders, all made fresh from scratch and never frozen. Locally made desserts include popular coconut cream pies and "the best home-made carrot cake you'll find anywhere," according to Playter. "Our food is excellent," she says.

Pilot's Pub has daily specials every day and popular night time attractions like Wednesday Wing Night and Appetizer Night on Thursday to coincide with a local Thursday night car show.

Playter, a native of Woodside, says the biggest attraction — after the food of course — is Pilot's Pub's location on the water overlooking Halifax Harbour.

"I love the view. I love to just stand here and watch the harbour, watch all the activity and the cruise ships going by."

- Tom Mason



Photo: Tom Mason

| Pilot's Pub manager Sharon Playter, kitchen manager Kevin Job and bar manager Suzanne Walker.

NORTH WOODSIDE COMMUNITY CENTRE FALL CLASSES

The North Woodside Community Centre (NWCC) is a focal point of the community, hosting a long list of clubs and activities and providing space for support groups like Al Anon, community groups, special events, day camps and community dances. This fall

NWCC is offering a number of programs including guitar lessons, beginner and intermediate yoga classes, social dance instruction, floor hockey, QiGong and art classes.

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Veteran Taylor satisfying Huskies' need for speed

AUS. Fifth-year slotback says he is feeling rejuvenated after hip surgery



MATTHEW WUEST
matthew.wuest@metronews.ca

Shutting down Jahmeek Taylor was no easy task last season, but it could be a lot harder now.

The Saint Mary's Huskies football star played through a torn labrum in 2011 and says he wasn't hitting his "top gear," yet he still managed to average an Atlantic University Sport-best 151.1 all-purpose yards per game, totaling 1,058 yards and five touchdowns in seven games.

But after hip surgery last November and nine months of rehabilitation, the fifth-year slotback is apparently tearing up the turf again.

"I feel like a brand new guy," Taylor said following the Huskies' morning practice on Monday. "I feel like it's 2008 again. I didn't really understand how much the injury was affecting me until I got to training camp and started running around. I haven't missed a play yet."

The 22-year-old from Mississauga, Ont., said hip problems started to slow him down late in 2010, when he was named AUS most valuable player after a dominating 1,439-yard, seven-touchdown campaign.

Although surgery was necessary, it derailed Taylor's bid to play in the Canadian Football League this season. In March, he went to CFL evaluation camp while still

recovering from surgery and finished dead last among receivers in the 40-yard dash with a time of 4.80 seconds. He's previously posted blazing times approaching 4.40 seconds.

His new head coach, Perry Marchese, confirmed Taylor's speed is back, and raved about the five-foot-nine, 170-pounder's ability to make shifty moves in full flight.

"He is unbelievable smooth, unbelievably slick, unbelievably explosive," Marchese said. "He was missing his top-end speed last year, but from what I've seen, he's got it back."

When Marchese was hired in February, he didn't expect to have Taylor back to build his offence around. Now, he expects Taylor to lead a veteran group of receivers that also features Kevin Wuthrich, Carl Fitzgerald, Matt Simich and Matt Toogood.

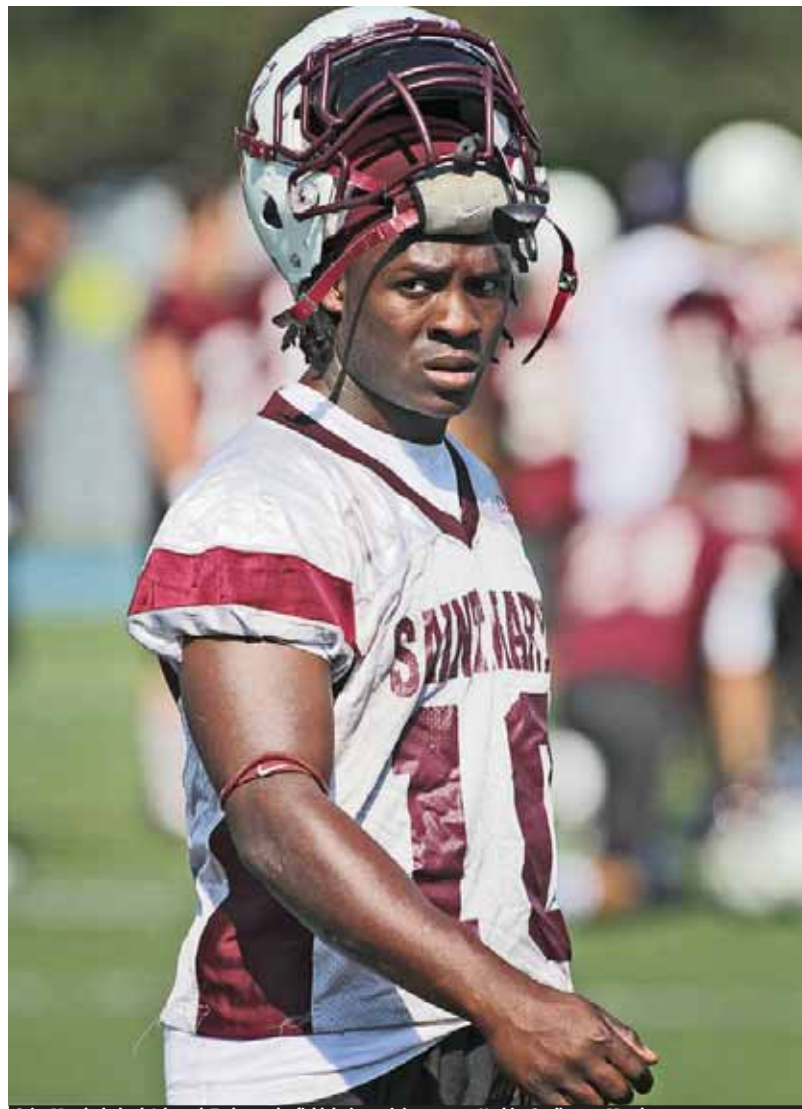
Taylor said the group's rapport with fifth-year quarterback Jack Creighton could result in a potent aerial attack.

"We're going to put up offence — we're going to put a lot more points on the scoreboard," he said. "Having that experience (among receivers), it's going to help us a lot. We've all won games, we've all lost games ... We have a positive attitude and we're working really hard. It's going to be a good season."

Special punt returner

316

Number of yards Jahmeek Taylor needs to match Gary Ross's AUS career record of 1,981 punt-return yards. Taylor is third with 1,666.



Saint Mary's slotback Jahmeek Taylor on the field during training camp at Huskies Stadium on Monday. **JEFF HARPER/METRO**

Mobile sports



The party appears over for talented young Dallas receiver Dez Bryant after a tumultuous summer. According to numerous reports, the Cowboys have set guidelines for Bryant to attend weekly counselling sessions, have a full-time security team and not be allowed to consume alcohol or attend strip clubs. Scan the code for the story.

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NBL Canada. Rainmen make big splash at draft by landing Robinson

The Halifax Rainmen acquired last year's National Basketball League of Canada scoring champion on Monday.

In a big trade at the NBL Canada draft in Toronto, the Rainmen landed guard Brandon Robinson from the Oshawa Power for cash and a 2013 third-round pick. They're expected to sign him to a contract this week.

The six-foot-five Robinson averaged 19.9 points per game last season and was named NBL Canada rookie of the year. He was also MVP of the NBL Canada all-star game in Halifax.

"He can score in bunches," said Rainmen owner Andre Levinston. "We feel he's the best two guard in the league. There was interest from every club in our league for Brandon Robinson."

The Rainmen also acquired the second-overall pick in Monday's draft, six-foot-six wing player Anthony Johnson, from the Moncton Miracles for the rights to forward Tyrone Levett, a second-team all-NBL Canada pick last season. Levinston called Johnson the "best player at the draft combine."

With their only pick in the draft, the Rainmen selected



Tyrone Levett **METRO FILE**

six-foot-two guard Courtland Bluford, a bench player with the Saint John Mill Rats last season. **MATTHEW WUEST/METRO**

QMJHL

Mooseheads keep trimming 2012 roster

The Halifax Mooseheads are inching closer to finalizing their 2012-13 roster.

The Mooseheads cut two more players on Monday, sending home forwards Joel Blanchard and Brandon Pye to leave 27 players on their pre-season roster — three goaltenders, nine defencemen and 15 forwards.

"We're a little bit closer," Mooseheads general manager Cam Russell said. "We're looking at (having) seven or eight defencemen on opening night, 13 or 14

forwards, and we have some decisions to make in goal."

Blanchard and Pye performed well, each with a goal and an assist in four pre-season games. Russell said they were "close, but at the end of the day, they just couldn't get into the top 14 (forwards)."

While more cuts could come this week, the decision on who will back up Zach Fucale in goal might be delayed. Fall River's Chris Clarke has performed well but incumbent Anthony Terenzio is still difficult to evaluate as he returns from a 10-month absence because of a concussion and illness.

"That may be a case where we have to go with three goaltenders (initially)," Russell said. **FOR A LONGER VERSION OF THIS STORY, VISIT METRONEWS.CA.**

Triano looking for big Canadian commitment

Basketball. Eyeing Olympic berth in Rio, national team coach expects four-year pact from his players

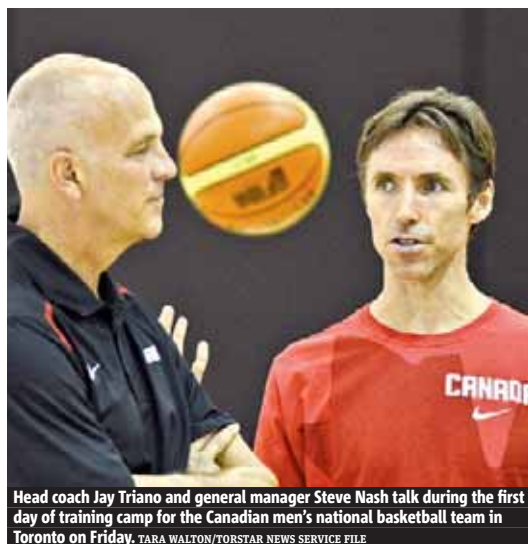
Jay Triano has witnessed firsthand how the United States men's basketball team changed from underachievers to back-to-back Olympic champions.

He believes the same approach will lead Canada to its first Olympic berth since 2000, and he expects his players to buy in for the long haul.

Just two weeks after the London Olympics closed, Triano and his coaching staff were putting a promising roster of players through shooting drills Monday at the end of a five-day training camp designed to prepare Canada for the 2016 Rio de Janeiro Games.

Triano, just days into his second stint as national team head coach, expects players at the camp to commit to the national team for four years, saying the long-term pledge is essential to getting Canada back on basketball's world stage. Triano was an assistant coach on the U.S. national team when it won from an underachieving group that settled for an Olympic bronze medal in 2004 to a cohesive powerhouse.

"I think gone are the days when you can throw 12 players out there and expect to compete, and I think my time with the United States team showed



Head coach Jay Triano and general manager Steve Nash talk during the first day of training camp for the Canadian men's national basketball team in Toronto on Friday. TARA WALTON/TORSTAR NEWS SERVICE FILE

Quoted

"I'm definitely committed. I have a lot to learn from these guys ... Being able to learn from them from now until it's time to play in the Olympics, I think I'll be ready by then."

Top prospect Tyler Ennis, who flew in from an elite high school basketball showcase in

that," Triano said. "Jerry Colangelo asked those players for a three-year commitment. When they did that and the players became committed, that's when they became successful and won back-to-back gold medals."

Canada hasn't always been

able to field its best possible team in Olympic competition. Star guard Steve Nash, now the team's general manager, stopped playing for Canada after it failed to qualify for the 2004 Olympics and focused on his NBA career. Centre Jamaal Magloire, who has been work-

Bringing the best

It appears Canada may have turned a corner as far as getting its best players out.

- NBA regulars Joel Anthony and Tristan Thompson were among those taking part, along with up-and-comers Kris Joseph, Cory Joseph and Andrew Nicholson.
- Recent Los Angeles Lakers draft pick Robert Sacre was at the camp in Toronto along with former Gonzaga teammates Kevin Pangos and Kelly Olynyk.

ing with the big men at the camp, opted not to play during the height of his career. Centre Samuel Dalembert was dismissed from the team after a rift with former coach Leo Rautins.

"If we're going to be successful guys are going to commit," Triano said. "The fact that they're here working as hard as they are right now speaks volumes to their commitment. We're going to have to decide as a staff which players we want to move forward and be part of our commitment to the program."

In order to build for Rio, Nash and Triano hope to involve young players early and get them used to spending their summers working with the national team.

THE CANADIAN PRESS

MLB

Jays skid ends at Yankee Stadium

Colby Rasmus hit a three-run homer off Rafael Soriano with two outs in the ninth inning and the Toronto Blue Jays took advantage of Derek Lowe's wild pickoff throw in the 11th to beat the New York Yankees 8-7 on Monday night, snapping a seven-game losing streak.

Moments after Rasmus' stunning drive put Toronto ahead 7-6, Derek Jeter tied it with a home run off Casey Janssen. But the last-place Blue Jays didn't cave, scratching out a run



Toronto's Rajai Davis reaches for, but can't catch, a home run by New York's Nick Swisher at Yankee Stadium on Monday. THE ASSOCIATED PRESS

two innings later to stop an eight-game slide at Yankee Stadium. THE ASSOCIATED PRESS

Tennis. Wozniak breezes into Round 2 at U.S. Open

A two-hour rain delay at the U.S. Open didn't throw Canada's Aleksandra Wozniak off her game.

Wozniak reached the second round of the Grand Slam with a 6-0, 6-3 win over Romania's Alexandra Cadan-

tu on Monday.

The 48th-ranked Wozniak, a quarter-finalist last week in a Dallas tune-up event, needed little more than an hour to advance after losing four of her last five opening matches at Flushing Meadows.

The native of Blainville, Que., made it to the third round in 2009.

"Overall, it was the first solid match for me here," Wozniak said.

"She started putting more balls in during the second set. I'm glad I stayed on top of her and won this one. It was nice that it went so fast after the long rain delay."

Wozniak will next play good friend Lucie Safarova, who beat American Melanie Oudin 6-4, 6-0.

THE CANADIAN PRESS



Aleksandra Wozniak plays a backhand during Monday's match against Alexandra Cadantu in New York. GETTY IMAGES

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Horoscopes

Aries

March 21 - April 20

Good intentions are not enough — you must live up to your ideals. Make it your aim today to treat everyone you meet, even strangers, in the same way as you treat those you love beyond question.

Taurus

April 21 - May 21

There may be times when it seems as if you are losing control of everything in your life but it's not true, so steer clear of self-pity. Actually, things are progressing quite well for you at the moment.

Gemini

May 22 - June 21

You may be tempted to try something outrageous today, something you believe will convince the doubters that you have what it takes. But what if it goes wrong? By all means, be bold but don't abandon common sense.

Cancer

June 22 - July 23

With the travel area of your chart heavily emphasized, being on the move will be a lot of fun. But be aware that it will also have its dangers. Delays are going to happen whether you like it or not, so don't get angry.

Leo

July 24 - Aug. 23

Just because someone occupies a position of authority does not mean you can trust what they say. With communications planet Mercury under negative influences, a lot of what you hear is probably nonsense.

Virgo

Aug. 24 - Sept. 23

Knowledge is power and the more you know about what others are up to, the better placed you will be to get something out of it. Are we talking blackmail here? Of course not, perish the thought!

Libra

Sept. 24 - Oct. 23

Take what even your friends tell you with a grain of salt. They may not lie to you on purpose but they are a bit confused about what's going on. You don't need advice. Your conscience will guide you.

Scorpio

Oct. 24 - Nov. 22

Focus only on things you understand. If you drift into areas where your knowledge is limited, you may fall foul of people who like to prey on trusting types like you. Be cautious. You don't have to prove yourself.

Sagittarius

Nov. 23 - Dec. 21

Do not — repeat, not — sweep important topics under the rug. If you ignore them now, they will come back bigger and tougher to deal with later on. Don't worry about being unpopular. You've got issues to resolve.

Capricorn

Dec. 22 - Jan. 20

You may be a bit blunt in some of the things you say over the next 24 hours but that's OK. For too long certain people have been avoiding the realities of the current situation. It's time to get real.

Aquarius

Jan. 21 - Feb. 19

Your mind will race off in all sorts of weird and wonderful directions today and it could be a lot of fun — but it could also be dangerous. Try not to make important decisions until after Friday's full moon.

Pisces

Feb. 20 - March 20

Focus on your own needs and desires and pretend that other people don't exist. That might sound a bit selfish but you've done more than your share for the greater good of late. Look after Number One today.

SALLY BROMPTON

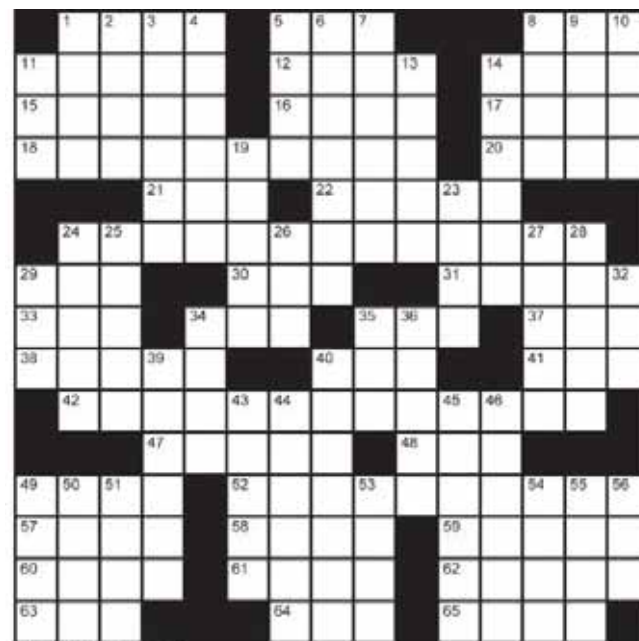
Crossword: Canadiana

Across

1. ___ Spumante: Italian sparkling wine
5. Emergency room drips, familiarly
8. "It's easy as ___"
11. Speck in the ocean
12. Broth
14. Clairvoyant one
15. Circus animals that balance balls
16. Gore Vidal's ___ *Brackenridge* (or the 1970 movie)
17. Pine case
18. Toronto team (2 wds.)
20. Dix, ___, douze
21. Corrida cheer
22. "Do you understand?" (2 wds.)
24. Alberta and Saskatchewan became part of this on Sept. 1, 1906
29. Angry crowd
30. Bad dog
31. American ___: Pacific Ocean territory
33. ___ mode: with ice cream (2 wds.)
34. That girl
35. Winnipeg's "Taking Care of Business" band, for short
37. Key beside F1
38. "The sky's the ___!"
40. Canadian map dispensers
41. Bring home after expenses
42. Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits with white running

Down

1. "... against ___ of troubles": Hamlet (2 wds.)
2. Certain hockey shot
3. Betray, kid-style (2 wds.)
4. In a class by ___
5. "Woe ___!": "Alas" (2 wds.)
6. First spacecraft to reach Uranus and Neptune
7. Beach habitué
8. Long, long time
9. Mercedes ___
10. Some of the original inhabitants of Ontario
11. Belief
13. Italian dish
14. Nova ___
19. Parasite



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23. "Make ___!": Jean-Luc Picard (2 wds.)
24. Baby discomfort
25. Harper's US counterpart
26. Anticipated
27. Signs
28. Proboscises
29. ___ de mer: seasickness
32. "Just ___ naturally"

34. Opp. of legato in musical notation
35. Prohibition
36. Forbidden
39. As like as two peas ___ (3 wds.)
40. ___ Range: mountains that extend from California to southern BC
43. Frogman
44. "___ my way" (3 wds.)

45. Surface again
46. Drily
49. Choir attire
50. Blacken
51. It isn't yours
53. US Treasury Department agents, familiarly
54. Wings
55. Wagers
56. Audiophile's collection

Yesterday's Crossword



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See today's answers at metronews.ca/answers.

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Yesterday's Sudoku

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4	6	8	3	7	9	1	5	2
7	3	2	1	6	5	4	8	9
3	9	7	6	5	2	8	1	4
8	4	5	9	3	1	2	6	7
6	2	1	4	8	7	9	3	5
5	1	3	2	9	6	7	4	8
9	7	4	5	1	8	6	2	3
2	8	6	7	4	3	5	9	1

8		4				5		
		2				7	8	
	6	3		7	1	2		
2	3							
4								5
					3	4		
4	1	6		3	2			
7	6			9				
5				1		8		

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90%

Wednesday

20°/13°

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